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February 14, 1996

Ms. Margaret Binzer
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
HFS 456
200 C Street, S.W.
Washington, D.C. 20204

Dear Ms. Binzer:

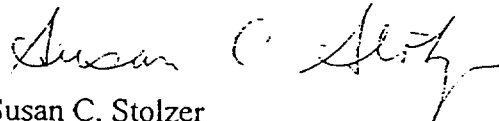
This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that our client, Sierra Health Products, is utilizing the following statements of nutritional support on its psyllium-containing dietary supplements "Celium Instant" and "Celium Orange:"

Psyllium produces a modest but significant decrease in LDL cholesterol levels in persons on either low-fat or high-fat diets.

Soluble fibers such as psyllium play an important role in maintaining proper LDL levels.

These statements are accompanied by the required disclaimer set forth in Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,



Susan C. Stolzer

SCS/dmp

cc: Mr. Ram Reddy

975-0162

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